

Abstract of Disclosure

The present invention relates most specifically to a hand-exercising device that, in fact, *is* a glove. Unlike any “field” apparatus that has come before, it is not worn as an extension to a hand or worn on the top of a hand or strapped or worn *on* a glove; it is *the* glove. This allows the flexibility of either the entire hand or any individual digit in a natural movement through a full range of motion thereby exercising the hand and digits in the most prosperous, utilitarian method for full potential of strength improvement humanly possible. This unparalleled achievement is accomplished via strategically integrated slender, pliable, flexible, non-breakable, aluminum and/or aluminum and PVC combination “*spring-stays*” (as in “to stiffen”) sheathed within the heavy corrugated/striated material of the “apparatus-glove”. In addition, there is a “*complete glove itself*” model which is, in its entirety, made of one eighth to one sixteenth inch width/depth flexible, spring-aluminum and/or PVC and/or combination alloy-metal then covered and/or integrated within a full material covering which is skin/hand compatible. A fixed and/or resting glove/hand setting results in maximum resistance to both opening and closing movements. Areas for high potential usage pertaining specifically to all sports (football, basketball, golf, soccer, tennis, track & field, baseball, volley ball, et. al.), as well as capacities for therapeutic inclination within the medical, industrial, and business worlds are virtually without boundaries.